



Mediterranean Panzanella

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 3 tablespoons balsamic vinegar white
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 6.5 cups tomatoes chopped (3 very large)
- ☐ 1.5 cups cucumber english seedless cubed ()
- ☐ 0.3 cup kalamata olives pitted
- ☐ 0.5 cup basil fresh

- ☐ 8 oz bread whole wheat country-style
- ☐ 0.3 cup feta cheese crumbled

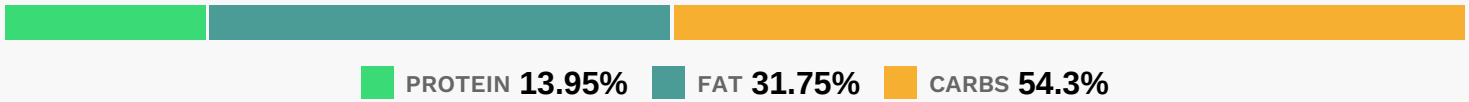
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In large bowl, mix oil, vinegar, pepper and salt with wire whisk. Stir in tomatoes, cucumber, olives and basil.
- ☐ Add bread and cheese; toss gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.92, Glycemic Load:18.13, Inflammation Score:-9, Nutrition Score:20.9147824658%

Flavonoids

Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 292.65kcal (14.63%), Fat: 10.6g (16.3%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 35.05g (12.75%), Sugar: 12.12g (13.46%), Cholesterol: 11.13mg (3.71%), Sodium: 630.77mg (27.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.48g (20.96%), Manganese: 1.05mg (52.62%), Vitamin A: 2303.83IU (46.08%), Vitamin C: 34.92mg (42.32%), Vitamin K: 43.8µg (41.71%), Selenium: 18.41µg (26.3%), Vitamin B3: 4.82mg (24.09%), Vitamin B1: 0.36mg (23.69%), Folate: 93.56µg (23.39%), Fiber: 5.73g (22.91%), Potassium: 746.37mg (21.32%), Phosphorus: 187.23mg (18.72%), Vitamin B2: 0.31mg (18.26%), Calcium: 176.49mg (17.65%), Iron: 3.12mg (17.34%), Vitamin B6: 0.33mg (16.64%), Vitamin E: 2.41mg (16.06%), Magnesium: 61.83mg (15.46%), Copper: 0.27mg (13.66%), Zinc: 1.48mg (9.85%), Vitamin B5: 0.91mg (9.12%), Vitamin B12: 0.21µg (3.52%)